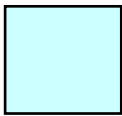
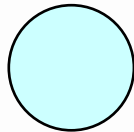


FIT EXPLORER MISSION LOG

Your Mission: **Crew Strength Training**

My goal for this week: _____

Date	Activity Details	How I Felt	Activity Completed	Research Completed	What I Learned	Research Topics: <input type="checkbox"/> strength or strength training <input type="checkbox"/> muscles <input type="checkbox"/> bones <input type="checkbox"/> safe exercises for children <input type="checkbox"/> squats <input type="checkbox"/> push-ups <input type="checkbox"/> _____ <input type="checkbox"/> _____
						Did you meet your goal this week? <input type="checkbox"/> Yes <input type="checkbox"/> No
List observations on improvements for the week:			Activity Total: 	Research Total: 	List the most important thing you learned this week:	
